



11/21/14 @ 6:30/Warren Bldg.
Admission: Toys for Tots

Howlin' Haunted Halloween



Wellesley's Winter Wonderland



Wellesley Hills Merchants
Washington Street - Rt. 16

HALLOWEEN
Trick or Treat
PARADE

October 25
Saturday
11:00 AM
Ages 0-8

11:00AM
Parade to Start
@ Dorset Tea
325 Washington St

WEAR YOUR COSTUME AND
TRICK OR TREAT AT
LOCAL BUSINESSES

WELLESLEY RECREATION

Something for Everyone

781-235-2370 ~ www.wellesleyma.gov/recreation

Birthday Parties at Warren!

Special Events

Join Us!

Wellesley's New Community Band

Hula Hoop Fitness

440462-01

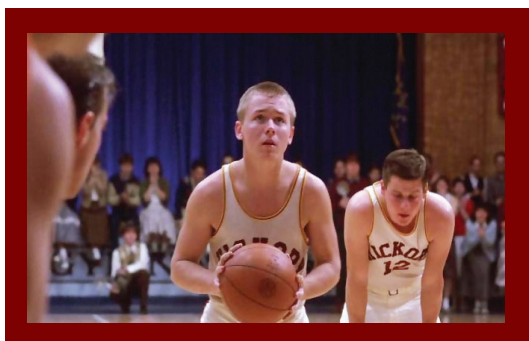
Instructor: Wild Kat Hoops

Hoopng is so much fun! With adult hoops, anyone can learn this nostalgic exercise craze. Learn to unleash your inner child with cardio-based hula hooping! It is an exciting way to broaden your workout while creating a healthy body and mind while burning up to 600 calories an hour. The class is a fun, exhilarating workout that will condition your body while the time flies by. Hooping strengthens your core, works on proper body alignment, boosts flexibility, stability, and lowers stress with an exhilarating aerobic total body weight loss workout. No prior hooping experience is required - wear exercise clothes, bring a water bottle and an open mind, and watch as you laugh your way to a "new" you. Visit us at: wildkathoops.com

Location: Warren Building **Min:** 10/**Max:** 20

5/6 weeks

S#	Day	Times	Date	Price
01	Mon	10 - 11 am	Sep 15 - Oct 27 (No class 9/29 & 10/13)	\$60
02	Mon	10 - 11 am	Nov 3 - Dec 8	\$70



Adult Drop-In Sports

Play pick-up games, once a week. There are no referees, this is just a great opportunity to play some pick-up basketball or volleyball.

Please check the website :www.wellesley.ma.gov/recreation; click on "Open Gym." Times are subject to change.

There is a \$5 drop in fee per night or \$50 for the Fall season.

Location: Warren Building Gym

Sport:

Tues. 7 - 9 pm

Women's Basketball
Activity #441200-02

Thurs. 7:30 - 9 pm

Co-Ed Volleyball
Activity #441100-01

Fusion Fit

440400

Instructor: Bitsy Graham

An innovative combination of cardio, core, strength work, balance and flexibility, all choreographed and set to fun, funky, upbeat music. Class incorporates hand weights, pilates rings, dynabands, ankle bands & balance pads. Strong body, strong bones, strong mind!!!!

Location: Warren Building

Min: 10/**Max:** 20

8 weeks, 2 - 5 days per week

S#	Day	Time	Date	Price
01	M	8:45 - 9:45 am	Sep 8	FREE
02	M-F	8:45 - 9:45 am	Sep 9 - Oct 31 (No class 10/13)	\$145/2x/week \$200/3x/week \$225/4x/week \$245/5x/week

7 weeks, 2 - 5 days per week

03	M-F	8:45 - 9:45 am	Nov 3 - Dec 19 (No class 11/11, 11/27, 11/28)	\$125/2x/week \$175/3x/week \$195/4x/week \$225/5x/week
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Heartbeat for Adults



440403-01

Instructor: Bitsy Graham

A fully choreographed comprehensive and fast paced fitness program featuring aerobics, core strengthening, upper and lower body toning, balance and flexibility. Come build a stronger heart, stronger muscles, stronger bones and improved brain power. "Younger every day" is our motto.

Location: Warren Building

Min: 15/**Max:** 20

14 weeks, 2 or 3 days per week

Day	Time	Date
Tu, Th, Fr	6:05 - 6:55 am	Sep 9 - Dec 19 (No class 11/11, 11/27)

\$225 for three days per week

\$170 for two days per week

Tennis Intermediate/Advanced

Instructors: Mike Sabin & Staff

This class is for the player who is looking to develop their court strategy and improve technique. We will also work on stroke positioning, volley, and serve. Please bring a tennis racquet. Classes canceled due to inclement weather, will be added on at the end of the session.

Evening lessons REQUIRE a tennis tag.

Location: Hunnewell Tennis Courts, Rt. 16

5 weeks

445201-01	Min: 6/Max: 8		
Day	Times	Date	Price
Thu	6:30 - 8 pm	Sep 11 - Oct 16 (No class 9/25)	\$181 (incl. tag) \$166 (own tag)

445208-01	Min:6/Max:10		
Day	Times	Date	Price
Fri	10:30 am - 12 pm	Sep 12 - Oct 10	\$166

445204-01	Min:3/Max: 10		
Day	Times	Date	Price
Mon	10:30 am - 12 pm	Sep 8 - Oct 6	\$166



Family Game Night

440487

Instructor: Knuckle Bones

Knucklebones knows how important it is for a family to play together! That is why our Family Night Out is the perfect opportunity to get families, friends & neighbors out for an evening of games, exercise & fun! The Knucklebones staff will provide a plethora of games & activities for all ages, from giant Kinballs to Baggo, Double-sided Basketball to LadderBall, we have it all! There will also be an abundance of equipment such as climbers, ball pits, scooters and more that allow people to play with a friend or easily make new ones! Throughout the hour, play all of our games and come together for 1 large group game with the entire community playing together; just imagine 100 people using an enormous Parachute or competing in a 4-way Tug-Of-War! This program is for all ages, so come and join us - for the love of play!

Location: Warren Building Min: 8/Max: 15 families

5/8 weeks

S#	Day	Time	Date	Price
01	Fri	6:30 - 7:30 pm	Sep 19	\$22/family
02	Fri	6:30 - 7:30 pm	Oct 24	\$22/family

Tennis: Drill & Play

Instructors: Mike Sabin & Staff

This class will include fast paced drilling with a hitting partner and then match play. Classes canceled due to inclement weather, will be added on at the end of the session.

Evening lessons REQUIRE a tennis tag.

Location: Hunnewell Tennis Courts., Rt. 16

5 weeks

445225-01	Min: 6/Max: 16		
Day	Times	Date	Price
Wed	9:30 - 11 am	Sep 10 - Oct 8	\$166



PROGRAM REGISTRATION

Residents: Upon receipt of brochure

Non Residents: Sept. 2 - 7 am

Online • Walk-in • Mail • Phone

If you have never registered online,
call our office: 781-235-2370 to
obtain a username & password

Tennis Beginner/Adv. Beginner

Instructors: Mike Sabin & Staff

This is an introduction to the sport covering the most basic aspects: forehand, backhand, serve and learning the rules of the game. Please bring a tennis racquet. Classes canceled due to inclement weather, will be added on at the end of the session.

Evening lessons REQUIRE a tennis tag.

Location: Hunnewell Tennis Cts., Rt. 16

5 weeks

445205-01	Min: 6/Max: 8		
Day	Times	Date	Price
Wed	6:30 - 8 pm	Sep 10 - Oct 15 (No class 9/24)	\$181 (inc. tag) \$166 (own tag)

445207-01	Min:6/Max: 10		
Day	Times	Date	Price
Fri	9 - 10:30 am	Sep 12 - Oct 10	\$166

445203-01	Min:3/Max: 10		
Day	Times	Date	Price
Mon	9 - 10:30 am	Sep 8 - Oct 6	\$166



Buy your tags to play
tennis under the lights!

Ashtanga Yoga

Instructor: Julie Pernokas

Ashtanga Yoga is a sequence of poses or postures coordinated with a specialized breathing technique (Ujjayi breath). The powerful sequence is designed to align the body, build strength, tone muscles, and improve concentration. When practiced regularly, students experience the inner calm and lightness of the body, mind and spirit. No previous yoga experience is necessary (it's OK if you can't touch your toes!). All levels are welcome. Please bring a yoga mat and a small towel or strap.

Location: Warren Building **Min: 12/Max: 20**

13 weeks

440503-01

Day	Time	Date	Price
M/W/F	9 - 10:15 am	Sep 15 - Dec 19	\$170/1 day
(No class 10/13, 11/26, 11/28)			\$240/2 days
			\$320/3 days

13 weeks

440519-01

Day	Time	Date	Price
Tue	7 - 8 pm	Sep 16 - Dec 16	\$195
(No class 11/11)			



Yoga: Vinyassa Flow

440577

Instructor: Zina Roberts

We welcome you to enjoy learning to experience the many physical and mental benefits in Yoga. Flow to music while learning body alignment, building core strength and connecting to breath. Sessions will support all levels of experience, so that each student can practice at their own level and also be challenged to develop their strength and flexibility. At the end of class we allow time for meditation to calm the body and mind. Please bring a yoga mat. This class allows for \$15 "drop-ins" without pre-registration.

Location: Warren Building

Min: 7/Max: 15

5 weeks

S#	Day	Times	Date	Price
01	Tue	9:30 - 10:30 am	Sep 16 - Oct 14	\$85
02	Tue	9:30 - 10:30 am	Oct 21 - Nov 25	\$85
(No class 11/11)				

Ashtanga Yoga: Beginner



440503-02

Instructor: Julie Pernokas

This class is for someone who has always wanted to try yoga but didn't know where to start, or for someone who wants to be sure they are learning yoga correctly. This class offers a great introduction to yoga technique in a safe, gentle, and slower-paced setting. All levels are welcome.

Location: Warren Building

Min: 12/Max: 20

13 weeks

Day	Time	Date	Price
Wed	10:30 - 11:30 am	Sep 17 - Dec 17	\$155
(No class 11/26)			



Register Online
wellesleyma.gov/recreation

Yoga for Living Well

440530

Instructor: Leslie Worris

Discover the joys of Hatha yoga at a gentle, accessible pace. This class is for boomers, seniors and those living with a chronic illness. Postures are modified as needed and students are encouraged to work within their limits to build strength, flexibility and improve their balance and posture. Each class incorporates breath work, relaxation and meditation. You will learn stress reduction techniques that will broaden your ability to practice the art of relaxed living. The session can be of benefit to all levels of yoga practitioners, including beginners. Please bring water and a towel.

Location: Warren Building

Min: 8/Max: 15

11 & 13 weeks

S#	Day	Time	Date	Price
02	Thu	1:45 - 3 pm	Sep 11	FREE
01	Tue	1:45 - 3 pm	Sep 16 - Dec 16	\$156
(No class 11/11)				
03	Thu	1:45 - 3 pm	Sep 18 - Dec 18	\$132
(No class 9/25, 10/30, 11/27)				

**TRY
-A-
CLASS**

Adult Golf Lessons

445611

Instructor: Tom Wessner: PGA Head Golf Professional

Each week you will be introduced to a new topic and phase of learning to play golf. These lessons are designed to help new players learn and more experienced players improve. Special attention is given to developing your golf swing through specific exercises. You may bring your own favorite clubs, or use ours.

Location: Natick Golf Learning Center, 218 Speen St

Min: 4/**Max:** 8

5 weeks

S#	Day	Times	Date	Price
01	Tue	6 - 7 pm	Sep 9 - Oct 7	\$185
02	Wed	6 - 7 pm	Sep 10 - Oct 8	\$185

Tai Chi for Beginners

440543

Instructor: Leslie Morris

This course is designed to get you started. This class provides the basic principles and movements of Tai Chi. An emphasis is placed on learning the proper body alignment, sequence of movements and breath work. These techniques have many benefits for health and well-being including flexibility, stress reduction, improved balance and fall prevention.

Location: Warren Building **Min:** 8/**Max:** 15

11 weeks

S#	Day	Time	Date	Price
01	Thu	11 am - 12 pm	Sep 11	FREE
02	Thu	11 am - 12 pm	Sep 18 - Dec 18	\$132

(No class 9/25, 10/30, 11/27)

TRY
-A-
CLASS



Archery for Adults

440210-01

Instructor: On the Mark Archery Staff

You will learn the fundamentals of archery, including safety, proper form, range procedures, shooting technique and scoring. On The Mark Archery is committed to bringing target archery to adults by providing a safe and fun environment to learn this Olympic sport. All necessary equipment from protective devices to targets, bows and arrows are provided.

Location: Warren Building **Min:** 10/**Max:** 15

5 classes

Day	Times	Date	Price
Wed	8 - 9 pm	Oct 22 - Nov 19	\$135

Dynamic Running

440407-01

Instructor: Kathy Fleming

This class is 50% drills and 50% dynamic running. The drills we do train the body to use the appropriate muscles for running faster and more efficiently. Often joggers don't utilize muscles that enable a runner to have a better more efficient and powerful stride. This class teaches a type of running that is a far better workout for the metabolism and overall fitness. The drills are followed by form/ speed endurance running which taps into fast switch fibers in the muscles that have been lying dormant in many middle aged people. By the conclusion of this class, you will not only be faster and more efficient, but you will have the mental and physical tools to enable you continue to elevate your fitness level through running. Although this class is geared toward the beginner, veteran runners who would like to get faster and improve form will benefit from the class as well. This class is held at the Warren Building and outdoor trails.

Location: Warren Building

Min: 6/**Max:** 12

5 weeks

Day	Times	Date	Price
Tue	9:30 - 10:30 am	Oct 7 - Nov 4	\$155



Pole Dance Level 1

440415

Instructor: Paulina Ramirez Williams,
Diosa Dance Yoga Health



This class introduces pole dance to the student using the Diosa style of pole dance which combines disciplines from bellydance, ballet, yoga, and Chinese acrobatics with props (pole, stilettos, costumes) to form a fun, choreographed routine that will build strength and flexibility for the novice dancer. The level 1 class works on a stationary pole to develop upper body strength through spins and floorwork while focusing on grips, transitions, and fluidity. Each 90-minute class is limited to 5 or 6 students per instructor to offer a personal training experience in which each person gets individual attention and learns as much by watching as by doing. *(stilettos not required, students must not apply any lotion on the day of class)*

Location: Diosa Dance Yoga Health, 9 Pleasant St Framingham

Min: 1/**Max:** 6

3/10 weeks

S#	Day	Times	Date	Price
01	Sun	2:30 - 4 pm	Sep 14 - 28	\$106
02	Sun	2:30 - 4 pm	Sep 14 - Nov 23	\$156

(No class 10/12)

Ballroom: Introduction

444002

Instructor: Carol Lanzillo,
Arthur Murray Dance Studio of Natick

We will teach you the basic fundamentals of ballroom dancing; learn how to lead, follow and feel great on the dance floor. You will also learn about timing, rhythm and posture. We will Cha Cha, Rumba & Hustle! Add passion and excitement to your life today! Please bring leather-soled shoes.

Location: Warren Building **Min:** 10/**Max:** 20 cpl.
6 weeks

S#	Day	Times	Date	Price
01	Mon	7 - 8 pm	Sep 15 - Oct 27 (No class 10/13)	\$160/cpl
02	Mon	7 - 8 pm	Nov 3 - Dec 8	\$160/cpl

Tap Dance

444020

Instructor: Valery Marcantonio

Experience the joy and discipline of Tap Dance! Valery shares her love of tap and focuses on the fundamentals of tap, technique, combinations, listening to music, all set to jazz, latin, blues and swing music. Tap Shoes are required. Tap shoes can be purchased at: dancerswarehouse.com & www.downtowndancewear.com

Location: Warren Building **Min:** 5/**Max:** 10
6 weeks

S#	Day	Times	Date	Price
01	Thu	6:30 - 7:30 pm	Sep 11	FREE
02	Thu	6:30 - 7:30 pm	Sep 18 - Oct 30 (No class 9/25)	\$105
03	Thu	6:30 - 7:30 pm	Nov 6 - Dec 18 (No class 11/27)	\$105

TRY
-A-
CLASS

Irish Step Dancing for Adults

444069-01

Instructor: Bonnie Severance-Pierce

You know you've always wanted to try it! Come and celebrate Irish culture through the art of irish step dance. This is a non-competitive class geared for fun and exercise. Students will develop skills in solo step dancing, as well as ceili (team) dancing. Designer ladies may start out in black ballet slippers. Men may wear a basic black jazz shoe or sneaker. Please wear T-shirt and shorts or leggings.

Location: Warren Building **Min:** 5/**Max:** 10
8 weeks

Day	Time	Date	Price
Sat	1 - 2 pm	Sep 20 - Nov 22 (No class 10/4 & 10/11)	\$120

Ballroom: Intermediate

444003

Instructor: Carol Lanzillo,
Arthur Murray Dance Studio of Natick

This class is for any student that has had prior ballroom dance training or taken the Introduction course that is offered through Wellesley Recreation. This intermediate class is designed to help you advance with your dancing and skill level by teaching you more difficult steps and technical components. Please bring leather-soled shoes. Various types of dances and patterns will be introduced throughout the weeks.

Location: Warren Building **Min:** 10/**Max:** 20 cpl.
6 weeks

S#	Day	Times	Date	Price
01	Mon	8 - 9 pm	Sep 15 - Oct 27 (No class 10/13)	\$160/cpl
02	Mon	8 - 9 pm	Nov 3 - Dec 8	\$160/cpl



Zumba

444006

Instructor: Tanya Novobrantseva

Zumba® is an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving people toward joy and health. Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. Come join the party and you will have fun exercising to the tunes of Salsa, Merengue, Cumbia and Reggaeton among others. Bring a bottle of water, comfortable work-out clothes and a smile.)

Location: Warren Building **Min:** 8/**Max:** 20
6 weeks

S#	Day	Time	Date	Price
01	Wed	7:15 - 8:15 pm	Sep 17 - Oct 29 (No class 9/24)	\$36
02	Wed	7:15 - 8:15 pm	Nov 5 - Dec 17 (No class 11/26)	\$36

Guitar: Beginning (Age 16 – Adult)

445802-01

Instructor: Dave Medeiros

Whether you're an absolute beginner or someone who can strum a few chords or songs, you'll enjoy learning to play the guitar. Our easy approach makes it fun. Instruction will focus on basic theory, reading chord forms, strum patterns and picking styles, and how they apply to popular songs in the folk, rock, blues and country idioms. A limited number of guitar rentals are available at an additional cost of \$50 (for the duration of the course) payable to Dave at first class.

Location: Warren Building		Min: 5/Max: 10	
8 weeks			
Day	Time	Date	Price
Mon	6 - 7 pm	Oct 6 - Dec 8 (No class 10/13, 12/1)	\$115

Instant Piano (For Hopelessly Busy People)

445809 -01

Instructor: Valerie Lyons

Music teachers may not want you to know this, but you don't need years of weekly lessons to learn piano. In just three hours, you can learn enough secrets of the trade to give years of musical enjoyment. The difference is, regular piano teachers teach note reading, while piano playing professionals use chords. In one session you will learn all the chords you need to play any song, any style, any key. You'll learn how to play several songs in class, and then perfect your technique at home using an exclusive CD specially designed by the instructor. It's easy, fun and musically correct! If you can find middle C and know the meaning of "Every Good Boy Does Fine", you already know enough to enroll in this workshop. After this one session you can go home and play any song from any piece of sheet music or song book.

Location: Warren Building		Min: 6/Max: 10	
1 class			
Day	Time	Date	Price
Mon	6 - 9 pm	Oct 20	\$80

Piano Lessons (Age 16 – Adult)

445801-01

Instructor: Dave Medeiros

An introduction to musicianship through piano/keyboard, these are absolute beginner lessons focusing on the fundamentals of music theory, note reading and independent hand coordination. Building from easy traditional melodies, students will venture into popular, boogie and blues styles. Songbook and handouts provided.

Location: Warren Building		Min: 5/Max: 10	
8 weeks			
Day	Time	Date	Price
Mon	7 - 8 pm	Oct 6 - Dec 8 (No class 10/13, 12/1)	\$125

Guitar: Continuing (Age 16 – Adult)

445803-01

Instructor: Dave Medeiros

Instruction will continue with theory, note reading and chord forms. We will concentrate on more complex strum patterns, right hand rhythms, and moving bass lines with chord accompaniment and melody. These techniques along with some classic guitar riffs should have you ready for open mic night! Continuing students should have completed "Beginning Guitar" or have knowledge in sight-reading and chord forms.

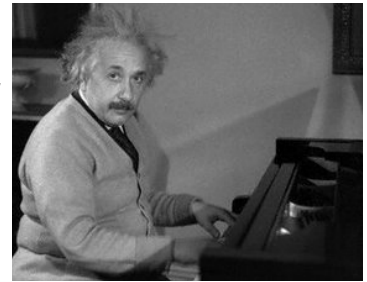
Location: Warren Building		Min: 5/Max: 10	
8 weeks			
Day	Time	Date	Price
Mon	8 - 9 pm	Oct 6 - Dec 8 (No class 10/13, 12/1)	\$115

Play Piano By Ear

445888 -01

Instructor: Valerie Lyons

After taking Instant Piano, return for this follow-up class if you want to learn to play piano by ear. Professional piano players don't need sheet music, and neither will you after this session. Learn how to pick out melodies on the piano--and then add the correct chords to make the music complete. You'll get an extensive book plus a CD that has 15 sample songs for you to learn to play by ear. You won't get this information from music teachers. It's all the music theory you need to succeed, gently explained and simplified for the non-musician. You'll be amazed at what you can do. Whether you want to be able to jam with other musicians or just save money on sheet music, you'll learn it all in this one class. It is recommended students take Instant Piano (or prior chord knowledge) before taking this course. Required course book and CD will be provided by instructor for additional \$30 fee.



Location: Warren Building		Min: 6/Max: 10	
1 class			
Day	Time	Date	Price
Mon	6 - 9 pm	Nov 3	\$80

Yoga Book Club

443814

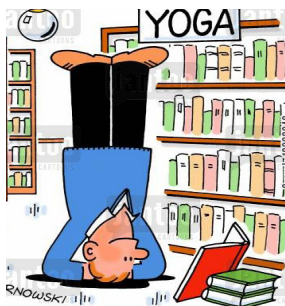
Instructor: Cory Halaby

Ever read a great self-help book, felt briefly inspired, and then gone right back to your same old regular life? Here's a chance to let positive changes sink deep into your mind, body and spirit with a return of the popular Yoga Book Club series. We'll be The Daring Yoga Book Club reading Daring Greatly by Brené Brown for the first session. We'll follow with The Enlightening Yoga Book Club, reading Breakfast with Buddha by Roland Merullo. Both series to be led by certified yoga instructor and life coach, Cory Halaby. We'll stretch, strengthen and breathe through a yoga practice designed to integrate each idea. Be daring and wise in good company this fall with Yoga Book Club. Some yoga experience suggested.

Location: Warren Building **Min:** 5/**Max:** 12

6 classes

S#	Day	Times	Date	Price
01	Thu	9:30 - 10:45 am	Sep 11 - Oct 16 (No 9/25)	\$140
02	Thu	9:30 - 10:45 am	Oct 23 - Dec 11 (No 11/27)	\$140



Whole Body Vibration: Weight Loss

442677

Instructor: Becky Chambers

Whole Body Vibration (WBV) is a breakthrough new technology used at exclusive health spas and weight loss clinics around the world. WBV provides an hour's worth of conventional exercise in just 10 minutes, increasing metabolism (so you lose weight easier), bone density and muscle strength, while also providing many other benefits and it feels great too – like a massage! Experience and learn about the benefits of WBV. WBV is also an antidepressant, has powerful anti-aging effects, is used for physical therapy, enhances neurological and brain function, functions as a powerful detoxification system, improves sex, and works like an acupuncture treatment balancing and unblocking energy meridians and chakras. Some acute health issues are not compatible with WBV. If you have migraines, epilepsy, vertigo, acute herniated disks, or any other acute health issue please call class instructor Becky at 781-860-0680 to discuss before enrolling.

Location: Warren Building **Min:** 6/**Max:** 12

#	Day	Times	Date	Price
Introduction - 1 class				
01	Tue	7 - 8:30 pm	Oct 14	\$35
Workshop - 3 weeks				
02	Tue	7 - 8:30 pm	Oct 21 - Nov 4	\$145



Messages from Heaven

443802-01

Instructor: Gayle Kirk

Gayle Kirk of Belmont, MA is an amazing and compassionate Psychic, Medium, and Channel. She appears on TV, radio, and in newspapers. Join Gayle as she provides loving, uplifting, and healing messages from Heaven and psychic guidance from Spirit for the majority of the program and for as many people as possible. Please realize your attendance does not guarantee you will receive a message. Learn how your loved ones may communicate with you from the Other Side. Enjoy a short guided meditation to speak with one of your loved ones in Heaven. Come with a loving heart and an open mind. Recorders and cameras are not allowed. Pre-registration is highly encouraged as Gayle's programs often sell-out. Must be 18 years. See: www.GayleKirk.com or call Gayle at 617-489-7717.

Location: Warren Building **Min:** 12/**Max:** 32

1 class

Day	Time	Date	Price
Wed	7 - 9 pm	Nov 12	\$55



Recreation Office Hours

Monday - Friday 8:30 - 4:30 pm

Online • Walk-in • Mail • Phone

Alexander Technique: Principles for Improving Posture and Relieving Pain

442602

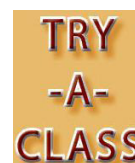
Instructor: Jill Geiger

Interested in improving your posture, moving with ease and reducing stiffness, pain and tension? Whether you're walking, running, driving or sitting at a computer you're "using" yourself. Poor posture, stress and neck/back/shoulder pains are often caused by unrecognized habits of tension or "misuse." By teaching how to recognize and unlearn such habits, the Alexander Technique enables people of all ages to improve posture and balance, reduce tension and stress and experience lasting relief from chronic pain. This class will introduce the history and principles of this practical, educational method and how they can be applied to your everyday activities to help you feel, move and look better. Class includes one private lesson.

Location: Warren Building **Min:** 6/**Max:** 12

1 class

#	Day	Times	Date	Price
01	Wed	7 - 8 pm	Sept 10	Free
2 weeks				
02	Wed	7:30 - 9 pm	Sept 17 - 10/1 (No class 9/24)	\$50



Chinatown Tour

443705-01

Instructor: Rose Lee & Associates

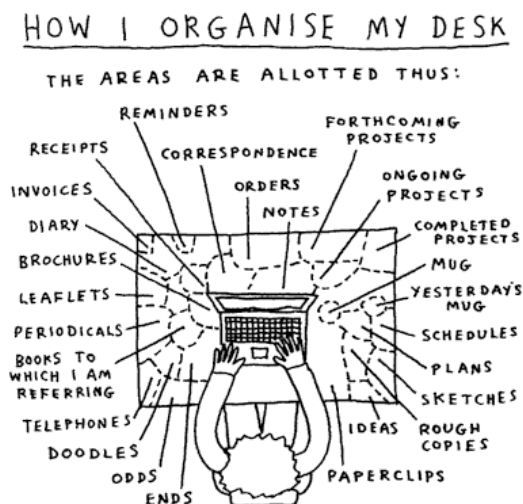
Join Master Chef and cookbook author, Rose Lee, while she guides you to the delights of Chinese culture and foods. Learn your way around this unique section of downtown Boston as we explore the nooks and crannies of both old and new Chinatown. Visit Asian markets, Chinese bakeries, favorite restaurants, Art and Gift shops and Jade Jewelers. Learn about Traditional Chinese Medicine. Visit an authentic herbal shop, meet the herbalists and learn about some of their herbal products. Also learn about Chinatown's exotic fruits and vegetables, wholesale suppliers and Asian cookware. This is a walking tour. Wear comfortable shoes, and bring shopping bags. Chinatown is near South Station and Orange/Green Line T stops. Public transportation is recommended but parking garages are available. Directions and meeting place will be sent by registrar upon registration. Meal cost is not included in your registration fee. Participants share the costs, payable at the restaurants.

Tour is held Rain or Shine.

Location: Chinatown **Min:** 6/**Max:** 10

1 day

Day	Time	Date	Price
Sun	10 am - 2 pm	Oct 19	\$55



Professional Organizer

443177-01

Instructor: Lauren Zalkind

Getting organized doesn't need to be overwhelming when you have the right tools. Learn time-tested strategies that will take your home or office from crazy and cluttered to calm and collected. Taught by Lauren Zalkind, a Professional Organizer with 20 years of real-life experience.

Location: Warren Building **Min:** 6/**Max:** 12

1 class

Day	Time	Date	Price
Wed	7 - 8 pm	Oct 1	\$40

White People Challenging Racism: Moving from Talk to Action

443877-01

Instructors: Debby Irving & Stephen Pereira

People of all heritages/identities are welcome to join us as we focus on the role of white people in dismantling racism and building a just society. We'll examine the impact of white privilege and how being unaware of that advantage helps perpetuate racism. We'll discuss short readings and share everyday situations in which we did not speak up effectively against racial bias. Using role-playing, we'll work out effective ways to respond. www.wpcr-boston.org

Location: Warren Building **Min:** 12/**Max:** 24

5 classes

Day	Time	Date	Price
Mon	6 - 8 pm	Oct 20 - Nov 17	\$35



College Search

443604-01

Instructor: Larry Dannenburg

Looking to find the right school for your child or minimize what you pay? If you have a high school student you can't afford to miss this seminar. We will show you how to choose the school that is the right fit for your child as we walk you through the admissions process. This seminar is particularly important if your student is at the top of the class, has learning disabilities, is an athlete, or is average. See how starting the process early can offer significant advantages, especially for business owners, divorced parents, or home schooled children.

Location: Warren Building **Min:** 7/**Max:** 15

1 class

Day	Time	Date	Price
Wed	7 - 9 pm	Sep 17	\$35

Crafting Creations

441488

Instructor: Julie Connelly, Carol Lash & Beth Smith

Get in touch with your creative side through the guided use of a variety of mediums and techniques. Come explore your inner crafter and take home a beautiful finished project- no experience needed! Price includes supplies.

Location: Warren Building **Min:** 6/**Max:** 8

1 - 5 classes

GLASS ETCHING: INTRODUCTION

S#	Day	Time	Date	Price
01	Thu	9 - 11 am	Sep 18	\$65

DECOUPAGE HOLIDAY TRAY

S#	Day	Time	Date	Price
02	Thu	9 - 11 am	Oct 2	\$65

HOLIDAY THEMED WREATH OR SWAG

S#	Day	Time	Date	Price
03	Thu	9 - 11 am	Oct 16	\$65

GLASS ETCHING: HOLIDAYS

S#	Day	Time	Date	Price
04	Thu	9 - 11 am	Nov 20	\$65

HOLIDAY CARD DISPLAY HOLDER

S#	Day	Time	Date	Price
05	Thu	9 - 11 am	Dec 4	\$65

Pottery for Adults

443403-01

Instructor: Ramune Jauniskis

Students will have the opportunity to learn the basics of hand building and wheel throwing. You will be encouraged to explore your own interests and work on your own individual project. All pieces will be kiln fired. Price include supplies

Location: Warren Building **Min:** 6/**Max:** 8

6 weeks

S#	Day	Time	Date	Price
01	Thu	6:30 - 8:30 pm	Oct 2 - Nov 6	\$205
02	Thu	12 - 2 pm	Oct 2 - Nov 6	\$205



PROGRAM REGISTRATION

Residents: Upon receipt of brochure

Non Residents: Sept. 2 - 7 am

Online • Walk- in • Mail • Phone

If you have never registered online, call our office:
781-235-2370 to obtain a username & password

Recreation Office Hours:
Monday - Friday 8:30 - 4:30



Voice-Overs: You're On the Air Webinar

443502

Instructor: Such a Voice

Voice-overs are hot today! There are more opportunities to use your voice on commercials, films, and videos than ever before. If you have thought about doing this ...THIS COULD BE A GAME CHANGER! Full-time, part-time, or just sometimes, you can be having the time of your life, potentially making more money than you ever imagined possible, and record voice-overs for paying clients right on your computer! Lots of people "think" about getting into voice-overs. Now, finally, this could be your opportunity to MAKE IT HAPPEN!! We encourage you to join us for our online, interactive classes which includes a live Q&A session. As the class gets closer, you will receive a link to log on to the class. All you need is a computer with internet connection and phone line to call in and read a script!

Location: online

Max: 40

1 day

S#	Day	Times	Date	Price
01	Tue	8 - 10 pm	Sep 16	\$45
02	Thu	8 - 10 pm	Oct 9	\$45
03	Wed	8 - 10 pm	Oct 29	\$45
04	Mon	8 - 10 pm	Nov 17	\$45
05	Tue	8 - 10 pm	Dec 9	\$45



Tame Your To - Do List

443813-01

Instructor: Cory Halaby

September is the perfect time to get your list in order! An untamed to-do list, one that endlessly cycles around in your head and floats on scraps of paper, can make you feel scattered, tired and slightly panicked, all the time. In this two-part workshop, we'll do more than write it all down. We'll create an elegant, reliable system that fits your lifestyle and lets you breathe easy. We'll get to the bottom of procrastination and over-scheduling issues and find time to do the things you truly enjoy. We'll also learn mind/body tools to help you make confident decisions about what to do when. You can love what you do all day. Come learn how.

Location: Warren Building **Min:** 7/**Max:** 15

2 classes

Day	Times	Date	Price
Tue	10 - 11:30 am	Sep 23 - 30	\$55

Relaxing with Tea, Cookies & Art Expression

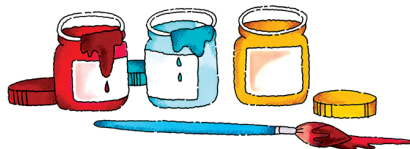
441477-01

Instructor: H. Burdette Juliani

Look forward to an evening of relaxation, tea and cookies, while expressing yourself with art! No hassles or pressure! Everything is included in this "stress free" relaxing evening out. Arrive with or in an old shirt/smock and paint your canvas while sipping tea, munching cookies and chatting. Everyone will be gently encouraged to discover his or her own individual technique through self-expression. Demonstrations of different techniques, brushes, palate knives, sponges and colors will all lead to an expression of your individual creativity and style. Final results will be four fun and relaxing evenings...and a 18" x 24" canvas masterpiece to hang on your wall with pride! **Price include supplies**

Location: Warren Building **Min:** 4/**Max:** 10
4 weeks

S#	Day	Times	Date	Price
01	Tue	7 - 8:30 pm	Oct 7 - 28	\$120
02	Tue	7 - 9 pm	Nov 4 - Dec 2	\$120
(No class 11/11)				



Shadowbox Keepsake Workshop

441402-01

Instructor: Jennifer Cira, Little French Hen

If you have a special photo, treasured invitation, or cherished announcement, then you have the centerpiece for your own one-of-a-kind shadowbox keepsake! Combine your favorite mementos with scrapbook embellishments to create a personalized 12" x 12" keepsake frame, under the guidance of Jennifer Cira from Little French Hen Custom Keepsakes. Whether you are a seasoned scrapbooker or have never picked up a glue stick, this workshop is for you. In this class, you'll be making either a baby, wedding, or birthday shadowbox. Please plan to bring the keepsakes you would like to include (e.g. a birth announcement, wedding invitation, 5" x 7" photograph, ticket stub, sonogram photo, etc...). These also make terrific gifts! You must register by 10/8 and indicate the theme you've chosen. Include your e-mail address and the instructor will contact you with questions to customize your keepsake. **Price includes supplies.**

Location: Warren Building **Min:** 6/**Max:** 8
1 class

Day	Time	Date	Price
Wed	7 - 9 pm	Oct 15	\$57



Getting To Know Your Digital Camera

443901-01

Instructor: Phyllis Mays

Are all those buttons and dials on your new digital camera puzzling? Or maybe you've had the camera for a while but have taken all your photos on the Auto setting. Come to this class to master the full ability of your camera. Learn about camera resolution. Find out when and how to use white balance, ISO settings, F-stops, exposure controls, the flash, shutter speed and aperture settings. This is a hands-on class. You must bring your camera, manual and (optionally) the cord that came with it. The third meeting will be a field trip to a mutually agreeable location.

Location: Warren Building **Min:** 4/**Max:** 6
4 weeks

Day	Time	Date	Price
Wed	10 am - 12 pm	Oct 1 - 22	\$155



REGISTER ONLINE

www.wellesleyma.gov/recreation
Call office for username & password

Painting with Acrylics for Adults

441455

Instructor: D'Ann Hansen

Come and give your creative mind some time to play! By using right brain drawing strategies and step-by-step visual demonstrations, students will successfully draw and paint pieces inspired by modern masters and contemporary painters. Students use the finest grade acrylics on archival paper. These paints are a joy to use with a thick and butter consistency and a very forgiving nature! All levels of experience are welcome, including those who have never picked up a paint brush. **Price includes all supplies.**



Location: Warren Building **Min:** 6/**Max:** 8
5 weeks

S#	Day	Time	Date	Price
01	Tue	9:30 - 11:30 am	Sep 23 - Oct 21	\$200
02	Tue	9:30 - 11:30 am	Nov 4 - Dec 9	\$200
(No class 11/11)				
03	Wed	12 - 2 pm	Sep 24 - Oct 22	\$200
04	Wed	10 am - 12 pm	Nov 5 - Dec 10	\$200
(No class 11/26)				
05	Thu	12 - 2 pm	Oct 9 - Nov 6	\$200

Puppy Kindergarten (3-6 months)

444602

Instructor: Vera Wilkinson CDBC, CPDT-KA

This covers basic obedience and socializes the puppy to other dogs and people. Getting your pup off to the right start means fewer training problems later. Please bring a certificate or veterinarian bill confirming that the puppy is up to date on all shots, i.e. rabies and distemper. At time of registration, please give name, age, & breed of dog. The handler should be the same person every week, and be age 11 or older, but all family members are encouraged to attend.

Location: Warren Building **Min:** 6/**Max:** 10

5 weeks

Day	Time	Date	Price
Mon	7:15 - 8:05 pm	Sep 22 - Oct 27 (No class 10/13)	\$125



Dog Obedience (6 months and up)

444601

Instructor: Vera Wilkinson CDBC, CPDT-KA

This course covers basic obedience including sit, stay, come, and heel. Training is gentle and motivational, and specific attention is given to individual problems. Teaching tricks and general care will also be covered. Please bring a certificate or veterinarian bill confirming that the dog is up to date on all shots, i.e. rabies and distemper. At time of registration, please give name, age, & breed of dog. The handler should be the same person every week, and be age 11 or older, but all family members are encouraged to attend.

Location: Warren Building **Min:** 6/**Max:** 12

5 weeks

Day	Time	Date	Price
Mon	8:15 - 9:05 pm	Sep 22 - Oct 27 (No class 10/13)	\$125

Intermediate Bridge

444108

Instructor: Dee Roberts

These are lessons for advanced beginner to intermediate players who have taken lessons with instructor Dee Roberts.

Location: Warren Building

Min: 12/**Max:** 16

8 weeks

Day	Time	Date	Price
Tue	10 - 11:45 am	Sep 23 - Nov 18 (No class 11/11)	\$95

Bridge Conventions

444101 -01

Instructor: Anand Lele, ACBL Accredited

Advance your game of bridge by learning the commonly used conventions. An understanding of the use of these conventions will help to improve your Bridge Techniques. Each session will consist of instruction followed by Supervised Play with some prearranged hands. There will be comprehensive and easy to understand handouts will be distributed.

Location: Warren Building

Min: 12/**Max:** 20

8 weeks

Day	Time	Date	Price
Thurs	10 am - 12 pm	Sep 18 - Nov 13 (No class 9/25)	\$145



RECREATION OFFICE HOURS

Monday - Friday 8:30 - 4:30 pm

Tel: 781-235-2370

www.wellesley.ma.gov/recreation

INTERESTED IN TEACHING A CLASS?

Contact Matt Chin for adult classes at:

mchin@wellesley.ma.gov

Contact Kevin Ryder for youth classes at:

kryder@wellesley.ma.gov

Bridge for Beginners



444102 -01

Instructor: Parul Jain

The emphasis in this class will be on learning the logic associated with "The Standard American 5 Card Majors" bidding system. Every session will include instruction followed by supervised bidding and play.

Location: Warren Building

Min: 12/**Max:** 20

8 weeks

Day	Time	Date	Price
Wed	2:30 - 4:30 pm	Sep 17 - Nov 5	\$105

Crab Catching

455402-01

Instructor: Paul Bruce

Your perfect family outing! Or you may come singly! You'll be baiting several traps and then hauling them in. You never know what is going to come up in a crab trap! Bring your camera for migrating wild life! Maybe you'll see "Chumly" the seal! Bring a container for your catch as you probably won't want to use your pockets. Wear waterproof boots.

Meet @ Duxbury High School

One class – 1 ½ hours

Min: 1/Max:6

Day	Time	Date	Price
Sun	9:55 - 11:25 am	Oct 19	\$30

**Directions to locations
will be mailed/emailed.**

Gourmet Mushrooms

455401-01

Instructor: Paul Bruce

This class will help you to identify mushrooms common to this area. You'll learn tree identification, locations, field preparation, harvesting, recipes, and you will receive written information as well. Bring a paper bag and paring knife. Wear waterproof boots. Directions will be emailed prior to event.

Meet @ Duxbury Alden School

One class – 2 1/2 hours

Min: 1/Max:6

Day	Time	Date	Price
Sun	9:55 am - 12:25 pm	Oct 12	\$40

	Program Registration
	Residents: Upon Receipt of Brochure
	Non Residents: Sept 2

Cranberry Bog

455405-01

Instructor: Paul Bruce

You'll take a short nature walk over easy terrain through an eastern white pine highland forest. You'll enter the lowland forest and walk the water course next to the bog just like the raccoons, foxes and other wildlife. You'll want to bring a camera as we frequently see wildlife. You may pick as many organic, wild grown cranberries as you wish. There is something here for everyone on this 1942 cranberry bog-turning-to meadow. Wear waterproof boots.

Meet @ Osborn's Country Store - 632 Summer St, Duxbury

1 class -1 ½ hours

Day	Time	Dates	Price
Sun	9:55 - 11:25 am	Oct 5	\$25

Easy Latin Dishes

443735-01

Instructor: Vanessa LaBranche

Do you love Spanish style food, like Paella? If so, you will enjoy this class learning how to make a one pot meal called "Arroz Con Pollo" (Chicken & Rice) which is a popular Spanish dish. In this class, you will learn step by step on how to create Arroz Con Pollo, starting with the proper seasonings. We will make a "sofrito" (combination of fresh cilantro, garlic & red peppers) In addition, you will learn how to properly make Anatto oil which will be the oil used to flavor and color this tasty dish. The class will end on a sweet note with another traditional dessert of "Arroz Con Leche" (Rum Raisin Pudding) with warm spices of cinnamon and nutmeg. Handouts with recipes will be provided. **Food fee included in price.**

Location: Warren Building Min: 1/Max:6

1 day

Day	Time	Date	Price
Tue	6:30 - 9:30 pm	Sep 9	FREE



Make It A Meal Soup & Salad

443716-01

Instructor: Vanessa LaBranche

Having soup and salad for a meal, can be delicious and interesting depending on use of fresh ingredients. If you are a new cook, or just someone who wants to explore different flavors on these two basic concepts, you will enjoy the variations in this class. We will make an Asian Style Peanut Soup (which will be made with a foundation base that can be used for other dishes.) We'll also explore "flavorprints" (using spices that distinguish national cuisines) such as "Middle Eastern Salad with Seared Chicken with Lemon Mint Dressing & a French Spinach Salad with a Tarragon Mustard Dressing" The class will end with making Poached Pears with a Reduction sauce. Handouts with recipes will be provided. **Food fee included in price.**

Location: Warren Building Min: 1/Max:6

1 day

Day	Time	Date	Price
Mon	6:30 - 9:30 pm	Nov 3	\$75



Welcome!

Our instructor-facilitated online courses are informative, fun, convenient, and highly interactive. Our instructors are famous for their ability to create warm and supportive communities of learners. It's no wonder that many long-lasting friendships have formed in our lively and intelligent discussion areas.

All courses run for six weeks (with a two-week grace period at the end). Courses are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links, and more. You can complete any of these courses entirely from your home or office and at any time of the day or night.

How to Get Started:

1. Call Wellesley Recreation to register and pay for your desired course(s)
2. Visit our Online Instruction Center:
www.ed2go.com/wellrec
3. Click the Orientation link and follow the instructions to enroll. During orientation, you will learn important information about your course. You will also be provided an opportunity to choose the name and password you will use to access your course.
4. When your course starts, return to our Online Instruction Center and click the Classroom link. To begin your studies, simply log in with the name and password you selected during orientation.

Start Dates:

A new section for every online course in this catalog will begin on:

Sept 17 #443800-01

Oct 15 #443800-02

Nov 12 #443800-03

Dec 10 #443800-04

Requirements:

All courses require Internet access, e-mail, the Netscape Navigator, or the Microsoft Internet Explorer. Some courses may have additional requirements. Please visit our Online Instruction Center for more information.

Enjoy one of the courses listed or go online to see the complete catalog!

Accounting Fundamentals

Gain a marketable new skill by learning the basics of double-entry bookkeeping, financial reporting, and more. **\$95.**

Administrative Assistant Fundamentals

Prepare to take advantage of the many new job opportunities in health care, legal services, and other industries. **\$95.**

Customer Service Fundamentals

Become indispensable to any organization by understanding how to identify and meet customer needs. **\$95.**

Professional Sales Skills

Discover how to begin a successful and rewarding career in sales. **\$95.**

Building an Ethical Business

Give your business an advantage by building a strong and just foundation. **\$95.**

Principles of Sales Management

Master the art of managing sales teams from a sales pro. **\$95.**

Successful Construction Business Management

Gain a powerful and permanent advantage over the competition by practicing expert management. **\$95.**

Fundamentals of Supervision and Management

Learn the people skills required to motivate and delegate, and learn tools for solving problems and resolving conflicts. **\$95.**

Distribution and Logistics Management

Improve your company's ability to deliver on time and on budget, while increasing customer satisfaction. **\$95.**

Mastery of Business Fundamentals

Acquire practical experience in strategic planning, management, and finance without enrolling in an MBA program. **\$95.**

Project Management Fundamentals

Gain the skills you'll need to succeed in the fast-growing field of project management. **\$95.**

Total Quality Fundamentals

Give yourself a strong foundation in total quality management. **\$95.**

Introduction to Business Analysis

Master powerful techniques to improve your decision-making skills at work. **\$95.**

Managing Technology

Deliver results on time and on budget by monitoring and controlling technology projects. **\$95.**

Beginning Writer's Workshop

Master important concepts by completing enjoyable writing exercises and assignments. Discover strategies and techniques the pros use. **\$95.**

Speed Spanish

Learn six easy recipes to glue Spanish words together into sentences, and you'll be engaging in conversational Spanish in no time. **\$95.**

Medical Terminology

Prepare for career in the health services industry by learning medical terminology in a memorable and enjoyable fashion. **\$95.**

Discover Digital Photography

An informative introduction to the fascinating world of digital photography. **\$95.**

Computer Skills for the Workplace

Gain a working knowledge of the computer skills you'll need to succeed in today's job market. **\$95.**

Achieving Top Search Engine Positions

Learn proven step by step strategies to achieve higher positions with search engines. **\$95.**

Become a Veterinary Assistant

Practicing veterinarian prepares you to work in a veterinary office or hospital. **\$95.**

Everyday Math

Gain confidence in your basic math skills and start using math to your advantage. **\$95.**

Creating Web Pages

Learn the basics of HTML so you can design, create, and post your very own site on the Web. **\$95.**

Introduction to PC Troubleshooting

Learn to decipher and solve almost any problem with your PC. **\$95.**

Building Teams That Work

What are the secrets to managing successful teams in the workplace? Explore communication techniques and problem solving skills that will help you get your team on track in no time.. **\$95.**

Achieving Success With Difficult People

Learn how to have more successful relationships with difficult bosses, co-workers, students, neighbors, or relatives. **\$95.**

Medical Coding

Learn how to use the XPT manual and the ICD-9-CM to find medical codes for any disease, condition, treatment, or surgical procedure **\$95.**

A to Z Grant Writing

Learn how to research and develop relationships with potential funding sources, organize grant writing campaigns, and prepare proposals. **\$95.**

Grammar Refresher

Gain confidence in your ability to produce clean, grammatically correct documents and speeches. **\$95.**

Human Anatomy & Physiology

Gain a greater appreciation and understanding of the marvelous complexity of the human body.. **\$95.**

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Gain a solid working knowledge of the most powerful and widely used database programming language. **\$95.**

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Become proficient in using Microsoft Excel 2013 and discover countless shortcuts, tricks, and features for creating and formatting worksheets quickly and efficiently. **\$95.**

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Learn how to use WordPress, a free and popular Web design tool, to quickly and easily create attractive blogs and interactive websites. **\$95.**

Mastering Your Digital SLR Camera

Take your photography to the next level with your digital SLR camera by learning how to master lenses apertures, shutter speed, exposure settings, and more. **\$95.**

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Then visit
www.ed2go.com/wellrec
for orientation.

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Start Dates:

Sept 17 #443800-01

Oct 15 #443800-02

Nov 12 #443800-03

Dec 10 #443800-04

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September 8th - 14th



TRY-A-CLASS WEEK

Many of our instructors are offering a complimentary class. We hope that this one class will help you decide to register for the entire session! When you read through our brochure look for the participating classes. You must pre-register for TRY-A-CLASS. Space may be limited.

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Something for Everyone